

## **2007 ALABAMA RELAYS SCHEDULE**

### **Thursday, March 22, 2007**

9:30 AM Heptathlon (100H, HJ, SP, 200)  
10:00 AM Decathlon (100, LJ, SP, HJ, 400)

### **Friday, March 23, 2007**

9:00 AM Decathlon (110H, DT, PV, JT, 1500)  
10:00 AM Heptathlon (LJ, JT, 800)  
4:00 PM Women 10,000m  
4:40 PM Men 10,000m

### **Saturday, March 24, 2007**

8:00 AM Men Hammer  
10:00 AM Men Pole Vault (collegiate)  
10:30 AM Women 5000m  
11:10 AM Men 5000m  
11:00 AM Women Discus  
11:45 AM Women 100m hurdles  
12:00 PM Men Long Jump  
12:00 PM Women Long Jump  
12:05 PM Men 110m hurdles  
12:25 PM Women 100m dash  
12:50 PM Men 100m dash  
1:15 PM Women 800m  
1:35 PM Men 800m  
2:00 PM Women 3000m steeplechase  
1:30 PM Women High jump  
1:30 PM Women Pole Vault (invite)  
2:15 PM Men 3000m steeplechase  
2:00 PM Men Javelin  
2:35 PM Women 200m dash  
3:00 PM Men 200m dash  
3:25 PM Women 400m hurdles  
3:00 PM Women Shot put  
3:45 PM Men 400m hurdles  
4:05 PM Women 1500m  
4:30 PM Men 1500m  
5:05 PM Women 400m  
5:25 PM Men 400m

### **Sunday, March 25, 2007**

8:00 AM Women Hammer  
9:30 PM Women Pole Vault (collegiate)  
11:00 PM Men Discus  
12:30 PM Men Triple jump  
12:30 PM Women Triple jump  
12:30 PM Men High jump  
12:30 PM Men Pole vault (Invite)  
12:30 PM Women Shuttle hurdle relay  
12:50 PM Men Shuttle hurdle relay  
1:05 PM Women 4x100m relay  
1:20 PM Men 4x100m relay  
1:40 PM Women 4x800m relay  
2:00 PM Men 4x800m relay  
2:00 PM Women Javelin  
2:15 PM Women Sprint medley  
2:30 PM Men Sprint medley  
2:45 PM Women 4x1500m relay  
3:00 PM Men Shot put  
3:10 PM Men 4x1500m relay  
3:30 PM Women 4x200m relay  
3:45 PM Men 4x200m relay  
4:00 PM Women Distance medley relay  
4:20 PM Men Distance medley relay  
4:40 PM Women 4x400m relay  
5:00 PM Men 4x400m relay

